

# AVILA EXAMINER

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Avila College, Kansas City, MO

November 20, 1990

## Sister Martha Honored At Avila

By Marcia McMullen

A cocktail reception honoring Sister Martha Smith was held in the Helmes Room of Goppert Theater on Saturday, November 3. The Avila History Club presented Sister Martha with a check of \$1,000.00 for the 1990 Adopt-A-Book program in recognition of her 25 years of teaching at Avila.

This program, now in its third year, invites donors to adopt a book of current historical significance for the Avila library. Dr. Larry Kramer spoke

of Sister Martha's "giftedness" as a teacher, a gift Sister has most generously shared with her students as well as her colleagues. Kramer acknowledged an award Sister Martha received earlier this year from the Sears Roebuck Foundation for teaching excellence recognizing her academic leadership.

The guests at this celebration honoring Sister Martha included family, friends, colleagues, students and alumni.



Dr. Larry Kramer, Sister Martha Smith, Tim Westcott and Roger Parker.

## Nominations For Commencement

From the desk of the Academic Dean:

Each year the Avila community identifies a person to deliver the commencement address. Faculty, staff and students are asked to nominate possible speakers. The Executive Committee reviews these nominations and selects the Commencement speaker.

Take a moment to write down your nomination and drop it by the office of the Academic Dean, Blasco Hall. All

entries must be in by November 30, 1990.

Your nomination should contain the following information: Name of speaker being nominated, reason this speaker should be selected for the 1991 Commencement and name of person making the nomination.

Thank you for your help in this endeavor.

## Program Taps Into Strengths

By Rita Dubin

Each semester, Avila College offers an information-intensive program to professional women in the form of the Women's Leadership Institute (WLI). WLI focuses on the development of professional skills, leadership attributes and networking.

Karen Bailey, graduate of WLI and Intake Coordinator in a non-profit agency which assists mentally ill adults, expresses enthusiasm about the program. "I was inspired by the other women I met in the program and the women guest speakers. The program enables women to utilize their own strengths in their careers and communities, and I learned invaluable

skills that have taught me how to tap into my own personal strengths."

The WLI program meets once a week for 13 weeks and provides enrichment, motivation and inspiration to participants. While the program does not offer academic credit, it is "presented in an academic way," explains Barbara Engel, Coordinator of the Institute. "We have a set of objectives that we follow; we evaluate."

The Women's Leadership Institute offers women the interaction and encouragement needed to make changes in their lives and realize their own potential.

## Brown Bag Lunches For Windowless Classrooms

By Cheryl Denslow

Brown bag lunches, classrooms without windows, floors without tile, little couches that folded out into beds and mud everywhere are some of the memories of the sisters who were part of the faculty when the College moved to 119th and Wornall.

For the first year after the College opened in the fall of 1963, all of the sisters commuted - some from St. Teresa's Academy at 56th & Main Street and some from Rossiter Hall, a nursing residence at the old St. Joseph Hospital at Linwood and Prospect.

Sister Olive Louise Dallavis took on the responsibility of overseeing the building of the campus when her predecessor became ill. "O'Rielly Hall was supposed to be 70% completed by the time classes were to

begin," said Sister Olive Louise, "but in reality it was only about 40% completed." Classes began in rooms without windows so both nuns and students wore coats all day long.

Sister Felice Helmes, who taught speech and theater, remembers the first theatre productions being staged in the huge concrete basement area of O'Rielly. The audience sat on bathroom rugs to watch the first performances. "This brought the audience and the actors very close," said Sister Felice.

When Blasco Hall was completed during the second year, seven nuns moved out to the campus. As the sisters moved into their new living quarters, they kept in mind that what was a bedroom by night became an office by day.

Custom-made little sofas pulled out

into beds for this conversion. "We kept our clothes in the bottom file drawers and I remember hanging my habit on a hook in the small bathroom by what is now Dr. Kramer's office," said Sister Olive Louise.

A kitchen area was set up in what is now an office in the Business Office. Meals were prepared in an electric fry pan, crock pot or on a two-burner hot plate.

In the Spring of 1965 the sisters were able to move to the third floor of Carondelet Hall, the student residence. In 1967 they moved into permanent accommodations in Foyle Hall. Currently, 17 nuns live on campus, 14 of whom are associated with the College. Six are full-time faculty, nine are part-time, and two are in residence.



Avila's Sisters participate in Mass.

Photo by Karen Watson

## Library Adds Automated Card Catalog to System

By Jacelyn Justesen-Winsor

With the addition of more efficient and effective computer operations in Avila's library system, students can obtain information instantaneously.

The newest addition to Avila's Library is the Automated Card Catalog Circulation System, consisting of four terminals and two printers. The software the students will use to access information is called The Blue Star Library System.

This system allows the student to search for information such as books and periodicals, and non-profit media such as video and slide cassettes, film strips and sound recordings.

The student searches for information based upon one of six criteria: author, title, subject, keywords, call numbers or series. Essentially, the system searches for what would normally be in the card catalog; the catalogue will eventually become obsolete.

Kelly Mahon, Assistant Librarian, is more than eager to help first-time students use the program. Mahon says

only 10% of the library information is currently accessible, but with the help of student volunteers the system should be in full-operation within two-to-four years.

Also purchased with the Digital system was the latest generation Microvax 3100 which holds approximately 208 million megabytes, allowing for a large capacity of input. Tapes are fed into the Microvax for daily backups in case terminals should crash.

In the future, Mahon says students can look forward to updates to this system. Eventually, more terminals will be placed throughout the campus; bar code readers will be used to replace manual systems; and students, upon request, may obtain an I.D. card containing a bar code for easier, faster service.

Two other systems the Library has been using for a while are MCAT and

Dialog. MCAT enables the student to access information from 240 state-wide libraries. Turn-around-time for a response is normally one day. A nominal fee from \$0-\$10 is charged for this service depending upon the library used.

The Dialog system is a database that lets the student access newspapers, journals or periodicals. The student will consult with a librarian assistant before using the system to get an idea of what the fee would be, as it could range from \$30-\$120 per hour depending upon the source used.

These new features in Avila's Library will help the student locate almost any information required for school studies. If you cannot find the information you need once the system is fully operational, perhaps it has not been published yet.

## Campus Buildings Change Face

By Pat Hill

Building by building, Avila will undergo a face-lift starting with the Art/Communication building. Sister Marie Joan Harris, Ph.D. said, "The idea with the new design (for the Art/Communication building) was to reuse space we already have, and make it more accessible for the students."

When asked when construction would begin Sister replied, "The best scenario is this summer. The executive board needs to agree on an esti-

mate, then we can secure the funding." All funding will come from private donors such as the Kresge Foundation and the Mabee Foundation.

After the renovation is complete on the Art/Communication building, plans are to renovate the residence halls, then O'Rielly, Blasco and eventually Marian will go through some changes. Sister Marie Joan was quick to point out that since no two buildings will receive work simultaneously this process could take a few years.

## Testing Through Clinicals

By Tasha Kovich

When nursing students at Avila College reach their junior year, they start taking part in clinicals. Clinicals, contrary to the belief of many students on campus, are not tests in the traditional sense. However, they are tests in that they determine a nursing student's ability to perform in the "real world."

Junior and senior nursing students register for two six-hour nursing classes every semester which include clinicals. Each six-hour course lasts seven weeks. Students spend six-to-eight hours in class per week. Twelve-to-sixteen hours every week are spent in clinicals. Clinicals are two days a week. Surprisingly, nursing students take other classes outside of nursing each semester.

As Dr. Susan Hildebrand, chairperson of the Nursing Department, put it, clinicals are the "applications of theory and skills in an actual practice setting." For clinicals, students go into nursing homes, extended-care facilities, group homes, day-care centers,

hospitals and patients' homes to gain on-the-job training.

Each student is assigned to a clinical instructor who works at one of these facilities. There is an average of eight students to every one clinical instructor. A student first receives an assignment from the instructor. The student meets a patient, then has to write a nursing care plan. This plan tells all about the patient, what is wrong with him/her, medicine that is being taken, treatment for the patient's problem and any special considerations. After the nursing care plan is finished, the student works with the patient for about two days.

Every three weeks, the student's performance is evaluated by the instructor. The students do self-evaluations more frequently.

Through the participation in clinicals, nursing students have a chance to decide which field of nursing they would like to pursue before they finish college.



# COMMENTS

## EDITORIAL ANNOUNCEMENT

By Kenneth (Montana) Jackson

The editorial staff has decided to try something a little different for the Avila Examiner's Christmas issue of December 11, 1990. Pick up an issue and mail the Examiner's cut-out Christmas card to someone you care about.

## Being Aware of God's Gifts

Dear Member of the Avila Community,

Thanksgiving is the time to be aware of God's abundant gifts. For me, one of God's most beautiful gifts is the Eucharist. Eucharist, the celebration of Jesus' Last Supper and the giving of thanks for Jesus' dying and rising, is special to me for three reasons: I experience God's unconditional love, I am renewed through the community, and I am empowered to share my gifts in the service of others.

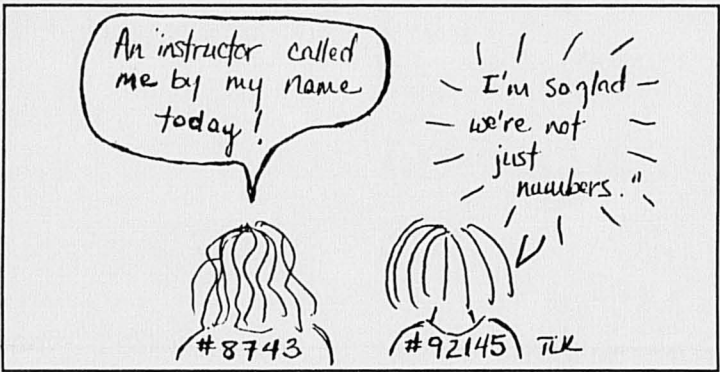
God's Love. At Eucharist there is an exchange of gifts. The participants offer their lives to God through the gifts of bread and wine. These gifts are consecrated by the priest; they become the body and blood of Jesus Christ. Then Jesus offers His life to those present under the appearance of bread and wine. The receiving of Jesus in Holy Communion is an experience for me of God's unconditional love.

Community. Eucharist is an occasion to become closer to one another, to become community. At the Eucharist the participants call to mind the ways they have failed to love God and their neighbor; they ask forgiveness. As a sign of forgiving love, the Kiss of Peace (a handshake or embrace) is exchanged. Through the giving and the receiving of forgiveness by the community I am renewed.

Service. Having received God's love and the love of the community, I am empowered to go forth to be God's loving presence in the world. Celebrating Eucharist enables me to share my gifts in the service of others.

Thus, Eucharist is for me one of God's most beautiful gifts. What gifts do you treasure? May this Thanksgiving season be a time of awareness and heartfelt gratitude to God for God's abundant blessings!

Lovingly,  
Sister Ruth Stuckel, CSJ.



## The Acceleration of Progress

By Grant Thomas, Vice President for Advancement

"Advancement" - Webster defines the word as "acceleration of growth and progress; to move forward." This definition capsulizes the many functions of the Advancement Office at Avila.

With tuition and fees covering only 67% of the costs of educating an Avila student, the remaining 33% must come from other sources. A significant amount of this funding - last year almost \$1,000,000 - comes from gifts and grants from private sources.

The Advancement Office's various programs assist and encourage alumni, friends, corporations and foundations to support Avila. These programs include alumni activities, expanding community awareness about Avila, direct solicitation of individuals, corporations and foundations through personal contacts, proposals

and phonathons, coordination of special events and educating Avila's many friends about the benefits of planned giving.

The Alumni Office maintains current records for over 8,000 alumni, keeping up with changes in occupation and family status as well as addresses and telephone numbers. It is the source of information for alumni wanting to keep in touch with each other. The office works with the Alumni Board, comprised of 20 alumni representatives, on events such as Homecoming, the Annual Golf Tournament and other activities.

Another specialized area in the Advancement Office is Planned Giving, which assists individuals to make gifts to the College through annuities, trusts, wills and other instruments, many of which provide substantial tax saving to the donor.

Special events such as the American Royal Steer Dinner/Auction, which last year raised \$175,000 for Avila's students, are coordinated through the Advancement Office. The 15th annual dinner auction will be held at the Ritz Carlton Hotel on February 16, 1991.

The Community Relations area of the Advancement Office develops the College's many printed pieces as well as interacting with Avila's numerous external constituencies through personal contact and production of publications such as the Accent, press releases and Admission materials.

The Advancement Office will be giving special attention in the months ahead to the Avila/2000 Capital Campaign - a major fund-raising effort designed to position the College for the 21st Century.

Many opportunities exist for career positions in advancement among the nation's colleges and universities. I am always available to discuss such opportunities with Avila's students.



## 8th Annual Intercollegiate Mock Trial Tournament

February 16-17, 1991. Teams forming; if interested call Steve, ext. 247.

**Broadway Blues & All That Jazz**, originally scheduled for November 19 in Goppert Theatre has been changed to December 10, ALT, 8:00 curtain.

## Electrical Outage

Due to changing of fluid in the campus electrical transformers, the electrical power will be completely off November 23-24 for Blasco, O'Rielly, Ridgway and Goppert-Borserine.

## Beyond the Classroom: Communication Speakers Series, Fall 1990

November 29, 6:00-7:00 p.m., Rhonda Chriss Lokeman, Editorial Writer, The Kansas City Star, ORI 203.

December 6, 1:00-2:15 p.m., Ray Dunaway, Program Director, KMBZ, BOR 403.

## Speaker For A.M.A.

By David Dildine, Vice President of Promotions, A.M.A.

On October 30, the Avila College chapter of the American Marketing Association sponsored a lecture of "How Avila College can help in your job search." Guest speaker was Gina Frigault, Coordinator of Career Development and Placement.

Gina has many tools at her side to help her in developing and placing students into positions, including an interest inventory developed by John Holland titled Self-Directed Search.

Another aid in helping students was Bob Samson. He has an overabundance of knowledge which stems from years of experience.

Gina wants students to know that she is more than willing to help anyone in the search for a job/career.

## Cash For Trash

By Rick Truman

Every three months, Americans throw away enough aluminum to rebuild the nation's entire airline fleet.

Avila College students and organizations are attempting to change this trend. Across campus, bags, boxes and buckets have been set out and designated for the deposit of aluminum cans. Sponsoring organizations include Alpha Psi Omega, Student Government, Bob Powell and the Biology division, and Residence Life. Your participation in this campaign is needed. Deposit your empty aluminum cans in designated containers. These containers are placed in the following locations: Snack Bar and Alumni Lounge in Marian Centre, all three O'Rielly lounges and vending machine in tunnel, upper and lower Blasco Hall, upper Borserine lounge, Goppert Theatre lounge, Actors Laboratory Theatre, entrance to Hooley-Bundschu Library and all five residence hall floors.

The Biology division has a collection bucket in O'Rielly outside of the biology labs for glass products.

Recycling aluminum and glass are just two ways that the Avila community can fight the escalating environmental problem. Your help in this fight is greatly appreciated by both the sponsoring organizations and Mother Earth.

## A.C.T. Prep Program

Weldon Gearhart to conduct A.C.T. Prep Seminars. Daily meetings, November 26-December 7, 12:15-1:15 p.m., Whitfield 509. Anyone wishing to participate may wish to purchase ACT Cliff Notes in the Avila Bookstore.

## Student Union Board: Fall Events 1990

Christmas Dance, December 7  
Movie "Little Mermaid," with special children's showing, December 9.

## Thornhill Art Gallery

December 5-14  
Student Senior Shows  
Susan Aylward & Ron Simon

## Stars at Avila

Buck Baker will appear in Article 99 from Orion Pictures, starring Kiefer Sutherland, Lea Thompson and Forrest Whitaker. Avila theatre students Earl Baker, Stanna Bippus and Jason Buice also appear in the film. Buck Baker and Darren Bradley will appear in a film for St. Luke's Hospital, Kansas City.

## A.M.A. Fund-Raising

The American Marketing Association are continuing their fund-raising efforts. The funds raised will be used to send students to A.M.A. conference events. A.M.A. will be selling stationery and note pads in packets of 50, which will have several different designs available. \$8.99 for stationery and \$5.49 for note pads. Watch for upcoming information on Toys For Tots.

## Attention: Perkins Loan Borrowers

It is time for graduating seniors and others who will not return to Avila after Fall 90 to make an appointment for an EXIT INTERVIEW. Please contact Steve or Elaine at extension 217 to make an appointment for this most important interview. Grades and transcripts will not be released until you have completed your interview.

## Job Search Strategies

Wednesday, December 5, 2:00 p.m., Whitfield 506.

Learn how to plan and implement an effective job search. Content will cover how to market yourself, network and prospective job leads. Presented by Dick Sanderson, Business faculty member and Gina Frigault, Coordinator of Career Development.

## Employment Correspondence

Tuesday, November 20, 5:30 p.m., Barefoot Room, Marian Centre.

Effective written communication is essential to your job search. This session will focus on cover letters, appointment confirmations, thank-you notes, re-affirmations of interest, acknowledgments/acceptance of job offers. Presented by Gina Frigault, Coordinator of Career Development & Placement.

## Keeping In Step With Dance

By Rick Truman

It looks so easy. Rick and Diane Ranum, a professional dance team, made partner dancing look like a piece of cake. Avila students soon discovered that this was not so.

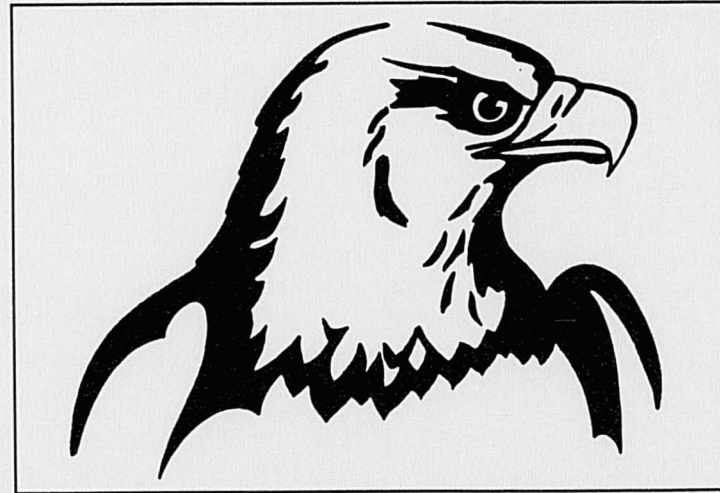
At the dance masterclass on Wednesday, November 7, eight couples painstakingly learned for two hours the techniques of adagio dancing. The program was sponsored through the Humanities Department.

Rick and Diane, a married couple who teach and perform adagio dancing, are originally from Kansas City. Around 1980 they decided to pursue adagio dancing as a team, and moved

to Las Vegas for further training. After two years of intense lessons, they embarked on their own career.

These programs are for all age-levels because, as Diane said, "You can incorporate adagio into anything."

Avila students responded very positively. Although it takes much longer than two hours to learn such dance techniques, many people's interest in the style was raised. The participants felt very fortunate to work with professional dancers and to be opened up to new experiences.



## Avila Examiner Staff

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The Avila Examiner is published bi-weekly during the academic year. This publication is made possible through advertising and funding from student activity fees.

All materials submitted for publication must be typewritten and double-spaced. The Avila Examiner reserves the right to edit and print materials received for publication.

Opinions expressed in the Avila Examiner do not necessarily represent the official position of Avila College but rather that of the Editorial Staff. For more information, contact Larry White, Advisor, Avila Examiner, c/o Humanities Department, Avila College, 11901 Wornall Road, Kansas City, Missouri 64145 or call (816) 942-8400, ext. 289.

## Examiner Schedule

Deadlines	Publication Dates
Nov. 29	Dec. 11
Jan. 31	Feb. 12
Feb. 14	Feb. 26
Feb. 28	Mar. 12
Mar. 14	April 2
April 4	April 16

## Editorial Policy

The Avila Examiner welcomes Letters to the Editor. All letters must include the writer's signature and contact telephone number. The telephone number will not be published. All letters will be verified before publication and are subject to editing for length, clarity and content. Letters must be type written, double-spaced and no longer than 250 words.

Please direct your letters to: Editor, Avila Examiner, c/o Humanities Department, Avila College, 11901 Wornall Road, Kansas City, Missouri 64145.



## Over The River And Through The Woods To Cranberry Sauce We Go

By Lisa Levine, Feature Editor

On Thanksgiving Day a hush of contentment settles across the land as millions of American families pause to thank the Lord for the blessings we enjoy. Setting apart the last Thursday in November as a day of thanks is part of our national life; the newest immigrants readily gather for a family meal on this day.

Every American knows how Thanksgiving is observed: the family gathers from near and far, offers grateful prayers and sits down to a feast of turkey, cranberry sauce and pumpkin pie. Even little children can relate the story of the first Thanksgiving at Plymouth Colony, starting with how a small band of Pilgrims braved the perilous North Atlantic crossing in

quest of religious freedom to how they landed in November and faced winter with meager supplies of food that rapidly dwindled away.

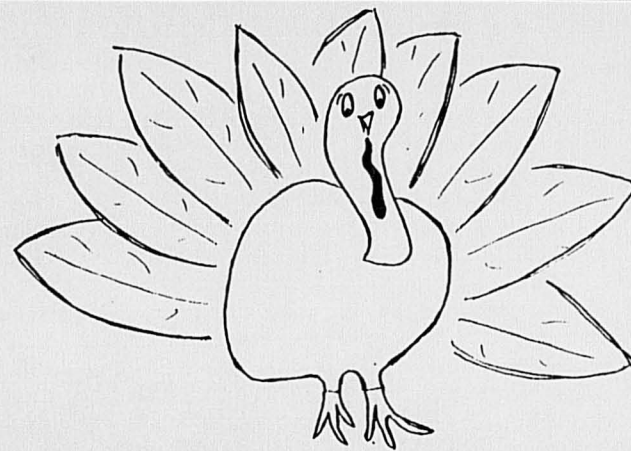
Half of the Pilgrim band died before spring. When summer weather proved to be pleasant and the autumn harvest plentiful, the Pilgrim colony established a day of thanksgiving and invited the local Indians to share their bounty, an event that has come to be commemorated every November.

Thanksgiving has been a vital part of American life for three-and-a-half centuries. The central traditions of Thanksgiving Day as they are observed in the 1990s would have been familiar to our great-grandparents. Families still gather for the holiday.

Football teams battle on Thanksgiving afternoon. And, of course, the traditional turkey dinner is eaten by families across the land.

To be home for Thanksgiving is a national tradition. By early afternoon on Wednesday, offices begin to empty and campuses are deserted as Americans rush to get home for the holiday. Thanksgiving eve is the busiest travel day of the year. On Thanksgiving morning, the travelers and their hosts awaken to the pleasurable awareness that this is Thanksgiving Day, and their only mandatory task is to enjoy the holiday.

A trip over the river and through the woods to share Thanksgiving dinner with family remains the ideal



Thanksgiving Day. Whether relatives have flown in for the week or come just for the afternoon, Thanksgiving dinner is the highlight of the holiday. Numerous side dishes, generous servings, rich ingredients, second helpings and luxurious desserts are enjoyed openly and thoughts of calories

and cholesterol are forgotten.

Part of the enjoyment comes not only from knowing precisely what foods to expect on the table and savoring the dishes as they appear on our plates, but also as we remember them from Thanksgiving Day's long ago.

## Background Creates Fiesta At 24-Hour Restaurant

By Kate Higgins

The young couple gazed lovingly across the small table while Mexican music permeated the air. She dipped her chip into the fresh salsa and he watched her savor the flavor. The friendly waiter interrupted the lovers by presenting them with a plate of sizzling fajitas and a French dip sandwich. It was three in the morning; they were hungry, and Amigo's Cantina fulfilled their needs.

Located at 8241 Wornall Road, Amigo's Cantina features both American and Mexican food which is available twenty-four hours a day. The unpretentious restaurant is decorated with red carpet and tablecloths, Mexican blankets on the wall, and small flower arrangements on each table. The restaurant includes a fiesta lounge which serves imported and

Mexican beers, wines and a variety of margaritas like peach, melon, blue or strawberry. Mocktails, such as a strawberry sunrise which contains a blend of strawberries, orange juice and club soda, are offered.

Upon being seated at Amigo's, the waiter quickly serves complimentary hot fresh chips, mild salsa, and a carafe of ice water. The menu ranges from a-la-carte bean tostada for \$2.25 to a jumbo shrimp meal which includes a salad and french fries for \$11.95. The Mexican entrees include burritos, tostadas, enchiladas, chile rellenos, tacos, vegetarian tacos, and chile verde which range in price from \$3.95 to \$7.95. In addition, the menu features low-calorie items, American favorites like chicken fried steak, salads, soup and desserts. Amigo's

serves breakfast complete with huevos monterey, omelettes, French toast, pancakes, and biscuits and gravy.

All of the food is gracefully served and garnished. The background mariachi music creates a comfortable fiesta feeling. Two popular menu items are conqueso dip and Mexican fried ice cream. An appetizer, conqueso dip is a spicy cheese consistency served with baskets of chips and sprinkled with chopped onion. Fried ice cream is served in a crisp cinnamon-sugar shell and topped with honey, whipped cream and strawberries. Both of these items are a treat to the taste buds!

Not only hungry young lovers but also lovers of food will appreciate the fresh food, mellow music and late night availability of Amigo's Cantina.

## Decades Of Sports Memories Echo Through Halls

By Pat Hill

The wind was blowing bitter cold. We hurriedly entered the modern steel glass building, escaping the wrath of old man winter. The smiling admissions girl charged us each a dollar, handed us maps and pointed us in the direction of the theatre explaining that the show was about to start.

The theatre itself was a tiny room off to the side, having a 26-foot-wide viewing wall and cushioned chairs. The lights went off and a picture of a large stadium engulfed us. The sound of wind rushed past the audience at every angle, while one could almost hear the faint roar of the crowd, the distant music of marching bands and the distinct sound of cracking shoulder pads.

The next frame showed the stadium filled to the rafters with cheering fans. The video/slide presentation then went on to show the different aspects of college football on game day. The spirit demonstrated by some of the colleges was commendable. Auburn's students line up on the sidewalk, running from the cafeteria to the stadium before every game. When the team comes out, they all cheer and shout and show their appreciation.

To see how much students and alumni actually love their school and their teams, the pageantry of the game

and the seriousness of the players was all very moving.

After the movie, we meandered over to the basketball displays. They paid tribute to the players, coaches and teams by decades, displaying the best of the 30s through the 80s. In addition, they had a whole wall devoted to U.C.L.A.'s John Wooden; "the Grandman" won ten championship for his Bruins, five of them being consecutive.

The most impressive display of the basketball area was the arena, a concrete semi-circle in which recordings of the 1989 championship game are played. The spectator, thru life-size pictures that encompass the whole room, is transferred to the game sight.

The football hall was a little different, being represented by decades and divided up by games, coaches and players. It was special seeing the older players: Jim Thorpe, Red Grange, Bronko Nagurski, Knute Rockne, and The Four Horseman. The football hall had a concrete stadium with padded astroturf floor. The speakers up above blast-out the 1989 Fiesta Bowl. On one side there is the Irish of Notre Dame, ready to kick off. On the other side, West Virginia's ready to receive.

The visitor's center is located between Lamar and Nall on College

Drive in the N.C.A.A. building. Admission is one dollar for students and two for adults, easily the best buck you will ever spend.

## Licking the Stamp of Approval

By Luci Hott

This past weekend I visited with royalty, viewed several famous paintings, and looked at a Russian spacecraft, all without leaving home. Now, how can that be possible, you ask? It was easy. All I did was open a book containing a collection of pictures printed on adhesive bits of paper - stamps.

A collection of stamps, though, is more than pictures on gummed paper. It is an education in stamp history, production and preservation along with an adventure into history, science, art, music and literature. It can be an inexpensive hobby which can be shared with family and friends of all ages.

Before the advent of the postage stamp, the person who received a letter paid for its delivery. In 1840, the British government issued the first postage stamp which allowed the sender to pre-pay the delivery fee. On July 4, 1847, the United States issued its first stamp which bore a portrait of Benjamin Franklin.

U.S. stamps are printed by the same government agency which makes our currency. Individuals and organizations submit ideas for postage stamps to the Postmaster General who then asks a Citizen Stamp Advisory Committee to review and make suggestions.

Once the Postmaster General approves a recommendation, an artist

produces a design, colors are decided upon, and the Bureau of Engraving proceeds with the technical processes involved in making the plate from which a stamp is printed. Today's modern equipment is capable of printing, gumming and perforating stamps all in one operation.

Stamps are produced in sheets, coils, booklets and in many colors, shapes and sizes.

Collecting stamps awakens one to work derivation. "Posts" were places where mail was transferred from one messenger to another. "Postage" was the charge for carrying the mail. "Stamp" was a drop of wax affixed to an envelope which bore the personal mark or seal of the sender. The stamp cancellation mark, a wavy line or a slogan, is called a "killer."

The other part of the cancellation mark, a circle, is called the "Town Circle" which includes the city, state and zip code from which the letter was mailed, along with the date, year and time of day.

Stamps have been used for purposes other than postage. In 1841, a London woman advertised for used stamps. It seems the 16,000 stamps she had already collected were not enough to finish papering her bedroom walls.

During the Civil War, new coins were not manufactured and stamps were substituted for coins. Stamps

play baseball by carpooling with other parents. She and Sarah are taking a parent/child math class together this year. How does she manage all of this? "I stay organized, maintain a tight schedule, and have the full support of my children," she said.

When she can find time, she likes to do volunteer church work and help with fund-raising activities for needy children. Upon the request of her children, she often does pieces of artwork for them to take to school.

In the evening, Brian and Sarah often request that she take out her twelve-string guitar and play one of the twenty folksongs she has copyrighted. Kathleen had to give up volunteer performance for community groups as she no longer has the time.

A rare heart condition, discovered two years ago, requires Kathleen to take things a little easier. "I just sit and rest when I get dizzy," she offered.

How does she do it? Her lively eyes sparkle as she comments, "I'm a very positive person, and I am determined to see this through."

## Fast Food Escape

By Lisa Levine and Tasha Kovlich

Welcome to the wonderful world of food? Today's guest is Whisker Rivey's Bar and Grill. They have a friendly atmosphere that lends itself nicely to after-class gatherings. The evening hours are always bustling with activity.

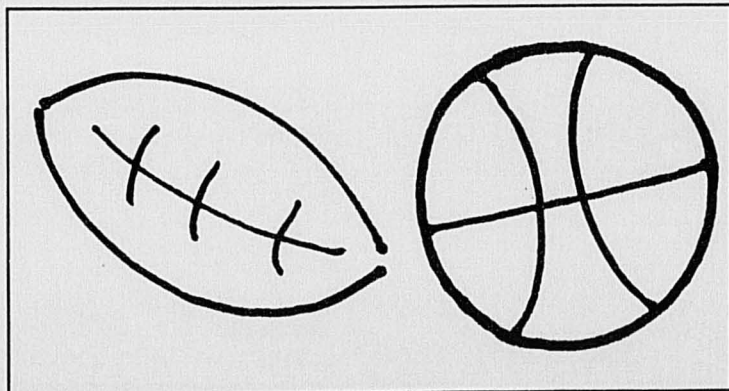
Whisker Rivey's specialties include steak, assorted fish, chicken and their delicious, oversized onion rings. Although these are the specialties, we found their reuben sandwiches to be wonderful. Prices for everything from appetizers and salads to entrees range from two to fourteen dollars.

Overall, we give this restaurant an "A" grade. So, the next time you are out with friends, remember Whisker Rivey's Bar and Grill located at 11124 Holmes. Hours: Monday-Thursday 11 a.m.-10 p.m., Friday and Saturday 11 a.m.-11 p.m., and Sunday 10 a.m.-10 p.m. Brunch is served 10 a.m.-2 p.m. on Sunday.

have been used to tax potatoes, wine and beer.

Collecting stamps is as addictive as warm chocolate chip cookies. You can't stop with just one. A collection of stamps allows one to travel the world without plane tickets, immunizations or suitcases.

A collection can be tailored to any interest from Abu Dhabi to Zanzibar, astronauts to zoos. A collection bypasses language and age barriers. Indeed, stamp collecting is much more than saving pictures printed on adhesive bits of paper.





## Questions Asked About Injuries

By Jim Huber

Why are there so many injuries and what is being done about these injuries? There are a few questions frequently asked about college athletics.

The reason why Avila has had injuries is not because the athletes are out of shape. Injuries do occur and are usually related to accidents or coincidences that happen to the athlete in the course of practice or play. A small number of injuries are caused from extra-curricular activities.

Jeanie Curtin, who works full-time at Office Sport Rehabilitation Inc., is Avila's part-time trainer who looks after the athletes.

She usually checks on the athletes every Tuesday of the week. If there are any problems, they can set an appointment with Jeanie at the office to get treatment.

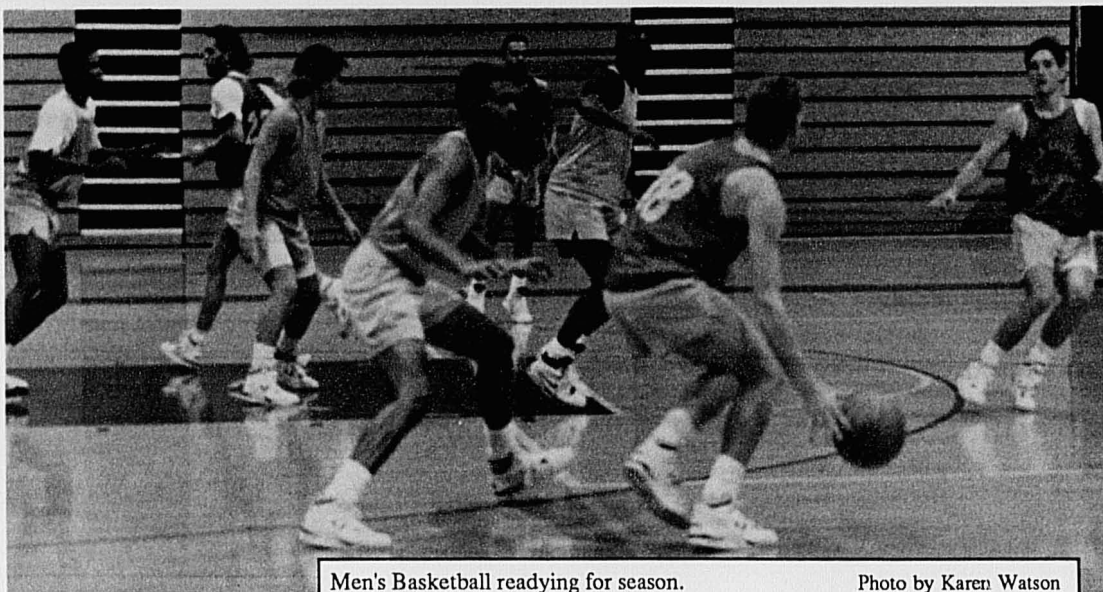
Two years ago, Avila started a screening test for all of the athletic teams in order to recognize weaknesses: ankles, blood pressure, knees, etc. this is done at the Office Sport Re-

habilitation Inc.. This rehabilitation helps in strengthening the athlete's weaknesses so they can avoid injury.

For example, Darin Hill, a freshman basketball player was found to have a shoulder that was weaker than the other. Because of this, they have put Darin in a shoulder strengthening program in the hope that his shoulder strength will increase.

Bill Wiesbrook, Assistant Athletic Director and Men's Basketball Coach said, "It would be nice to have a full-time trainer but the way we have it now is nice." Reasons for lack of full-time trainer include finances and the number of athletes. The athlete budget cannot afford a trainer full-time nor are there enough athletes to warrant the cost, even though Avila does have six strong sports programs.

Hopefully, with the hard training, the screening program and the part-time trainer, Avila will have the equation to prevent injuries.



Men's Basketball readying for season.

Photo by Karen Watson

## Athletes Striving To Be Better Than The Best

By Chris Pickett

Average athletes strive to be good and the good ones strive to be better. Coaches feel that the off-season is the best time to work on individual weaknesses and shortcoming. The advice from coaches to players usually is, "Work hard during the off-season to improve. That's when winners are made."

Here at Avila, athletes go through tough off-season training programs to prepare themselves for the upcoming seasons. Members of the soccer and volleyball teams report to school weeks before the rest of the students to get ready for their fall battles.

The members of the men's and women's basketball teams sacrifice a lot of time during the fall to get in shape for games that will occur during the winter. The baseball and softball teams spend a lot of their time in the fall and winter to get in tune with the rest of the district for the spring.

The seasons are so long that the players know that they have to be in great condition to perform at a high

level. Much of the training during the season is supervised by the coaches but off-season training is an example of self-discipline.

Here are a few training techniques from players:

Jeff Lambert (Soccer): "I do a lot of sprints for speed and long-distance running for endurance. I do sit-ups and weight training for upper-body strength. It's important in soccer so I won't get pushed off the ball."

Kevin Lowder (Men's Basketball): "I usually play pick-up games

every other day. I shoot jump shots and free-throws before everyone gets to the park. I also do push-ups, while other people may prefer weight lifting."

Jocelyn Turner (Women's Basketball): "I play a lot of summer league games and run in the latter part of July and all through August to get prepared for the fall conditioning."

Krista Kanies (Softball): "I lift weights and go to the batting cage. I also play catch with the pitchers to see how they will be."

## Eagles End Season In Playoffs

By Bruce Buesing

The Avila Eagles ended the 1990 soccer season with a 3-2 loss to Fontbonne College in the first round of the District 16 play-offs on Tuesday, October 30. This was the second loss Avila suffered to Fontbonne this year; the first game ended in a 2-0 win for Fontbonne.

At the end of the two fifteen-minute overtime periods, the score remained 2-2. Since this was a play-off game there had to be a winner so each team was allowed five penalty kicks. Fontbonne made four goals to Avila's three goals, resulting in a Fontbonne victory. The Eagles finished their season with eight wins and eleven losses, Avila's first losing season since 1979.

Avila's schedule was rough, seven of their losses were to teams ranked in

the NAIA top twenty. There were several games in which Avila would outplay their opponent but end up losing by one or two goals.

Having a winning soccer team at Avila has been an annual event. Even though Avila struggled this year, good things did occur. Coach Williams has laid the foundation for the future. Nine starters will return next year. Future opponents will see a stronger Avila team.

A special thanks goes out to Coach Williams, Coach Norrow, Jack Park, Jim Ricker, Tom Tish, Dylan Aiman, Mike Bar, Craig Wania, Dean Pare, Mike Maupin, Jeff Doherty, Pat Phillips, Jeff Lamberti, Jim Cole, Nick Poppe, Marco Cusamano, Matt Orrison, Dale Franklin, Jim Wiscombe and Josh Kovich for an exciting season.

## Sports Requirements Strengthened

By Jim Huber

During the past few years, the NAIA (National Association of Intercollegiate Athletics) has strengthened its academic requirements to prepare the athlete better when it is time to enter the working world.

The NAIA philosophy on intercollegiate athletic programs is that educational policies are essential. The NAIA has several rules that are important in deciding an athlete's eligibility. In the fall term of any year the athlete is expected to pass two of three entry requirements: A score of 700 on the SAT or 15 on the ACT, accomplish an overall 2.0 grade in high school and graduate in the top half of the high school class.

The athlete must be working toward a degree and sustain a required grade point average as is defined by the institution they are attending.

Throughout the year, the athlete must be enrolled in 24 institutionally approved credit hours at the time of participation. Up to 12 credit hours may be achieved through summer credit.

An athlete cannot participate in more than four seasons in one sport. Also, the athlete must be an amateur, as defined by the NAIA, in the sport in which they are participating.

Bill Wiesbrook, Assistant Athletic Director and Men's Basketball

Coach, said, "I am pleased with the upgraded requirements the NAIA has taken part in. I believe this helps the student in their academics and the institution in having an excellent reputation for placing a strong emphasis on academics."

Avila has taken part in upgrading academic requirements for the student-athlete. A student-athlete, whether freshman, transfer or returning student, must achieve a 2.00 grade point average with a minimum of 12 credit hours in each semester. If the student does not achieve these requirements, he or she may not be allowed to play or practice for an entire semester.

Their grant-in-aid will be protected for one semester during which time the student must raise their grades up to Avila's standard level. If a student does not accomplish this, the grant-in-aid will be revoked and the student will be ineligible for participation in intercollegiate athletics for a period of one year.

The NAIA membership is made up of more than 490 four-year colleges throughout the United States and Canada. The NAIA, including Avila, offers the student-athlete the opportunity to compete at their highest level whether it be academics or athletics.

## Women's Volleyball Wraps It Up

By Melissa Martin

The women's volleyball season has rapidly come to a close. The team ended with District Play-offs, November 2-3, in Fulton, Missouri, where they won 11 out of the 18 games played. The women had a great season and finished overall with 33 wins and 22 losses. Unfortunately, the team will be losing three of their top players who are graduating.

Senior Tina Caldwell is one of the team's leading "attackers" this season with a 90% average. Following closely behind with 88% is Senior Stephanie Cucar. Cucar holds the

highest percentage of assists for the team. Senior Kari Kluter led the team in defensive passes. Overall, Coach Joan Ice feels that the women did very well this season.

Although this volleyball season has just ended, Ice is already thinking about next season. The upper-class players returning are Therese Piper, who was one of this season's top hitters, Virginia Lewis and Kim Lanning. Ice is recruiting players but feels that with such a large number of freshmen who will be joining the team, they would do well again next year.

## Kansas City Blades Hockey Team Takes To The Ice

By Katie Higgins

Die-hard sports fans religiously studied every move of the new athletic team in the Kansas City area. The roar of the crowd increased with the violence on the ice. The announcer called "icing" on the Peoria Rivermen and Blades fans shouted their approval.

One elderly lady calmly watched the action until an uncontrollable Rivermen checked the innocent Blades player and she responded by standing and yelling, "Hey ref! Watch the action! He's all over our man! Want to borrow my glasses?" After speaking her mind, she continued to scan for more unjust calls.

The recently acquired Kansas City Blades hockey team is a member of the International Hockey League. Their season runs from October to April. Included with the Western Division are the Milwaukee Admirals, Peoria Rivermen, Phoenix Roadrunners, San Diego Gulls and Salt

Lake City Golden Eagles. The Blades games are held at Kemper Arena and tickets range in price from \$5.50 to \$9.50. What is the main attraction at these sporting events? Most people admitted that they wanted to see "blood."

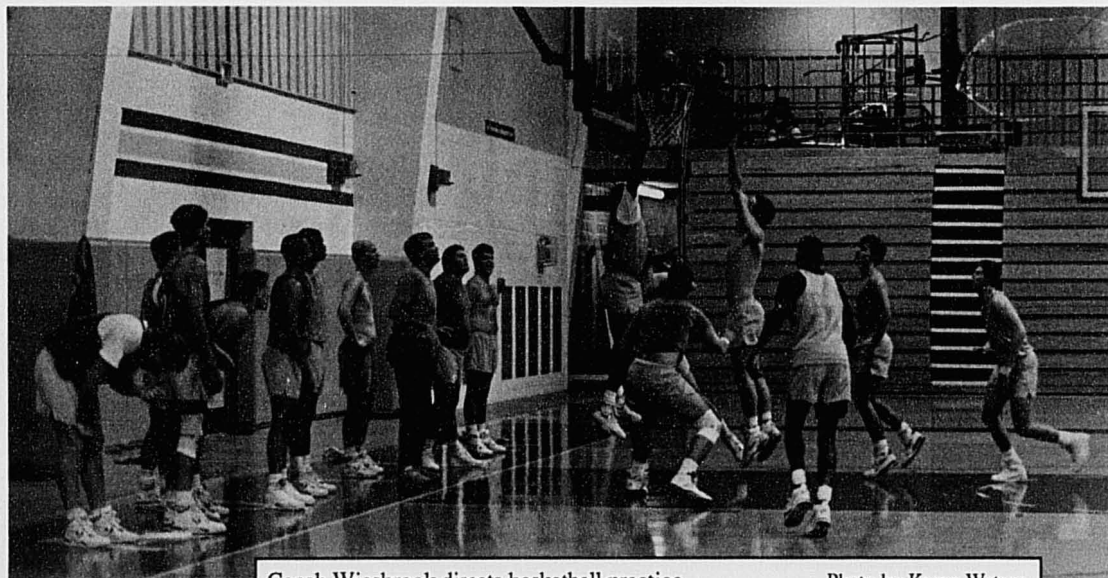
The crowd responded positively after the referee made a call for "checking," which is when the player drives his opponent into the dasher or for "high sticking," which is carrying the stick above shoulder level. Another crowd-pleasing call was for "interference," which is body contact with an opponent not in possession of the puck, or it is called for knocking an opponent's fallen stick out of his reach.

Other favorites are roughing or minor fisticuffs, "slashing," which is swinging a stick at an opponent, and "spearing," which is using the stick as one would a spear. These calls receive

penalties during the game but the actions usually earn applause from the fans.

The Kansas City Blades management has developed a list of rules for "Fan Conduct" which is printed within the program. The rules are as follows: patrons using foul or abusive language will be ejected, patrons who appear in an intoxicated condition will be ejected, patrons interfering with other fans' enjoyment will be ejected and any patron interfering with the play of the game will be ejected.

Hard-core hockey fans are being created with the appearance of the Kansas City Blades. The most soft-spoken woman now calls "High Sticking" before the referee does and the most obnoxious fan must control his mouth to maintain a pleasant atmosphere among the blood-thirsty Blades fans.



Coach Wiesbrook directs basketball practice.

Photo by Karen Watson